

<p><b>MOHR</b>  <b>M</b>oving  <b>O</b>n to  <b>H</b>ealthy  <b>R</b>elating)</p>	<p><b>Building  Blocks of  Healthy  Relationships</b></p> 
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### **What is MOHR?**

Moving On to Healthy Relating (MOHR) is an ongoing program for those wishing to improve their communication skills and develop / maintain healthier relationships with coworkers, family members, and significant others. In the process, participants experience self-discovery, self empowerment, and personal enrichment.

### **Why the need for MOHR?**

Most people want “more” out of life, but don’t always know how to get it. Some people come from families or life experiences that have not adequately prepared them to cope with the complexities of life. Most ask: *What is normal? How can I express my needs and feelings? What is a healthy relationship?* And there are those who have had major life transitions who need a renewal in ways which promote good mental health.

### **What MOHR can do for you?**

People want to feel connected with their loved ones and friends. Improving one’s mental health (or perspective on life) is a requirement for achieving more healthy relationships. As one’s perspective improves, people find healthy ways of relating, supporting, nurturing, and being involved and interconnected with each other. As this begins to evolve, they begin to find increased satisfaction, gratification, fun, and enjoyment from their relationships.

### **Benefits of MOHR**

- Break old, unhealthy relationship patterns.
- Form and practice healthy relationships.
- Explore and discover new self potential.
- Improve self-esteem.
- Effectively manage depression and anxiety.
- Learn effective communication skills.
- Practice healthy relating.
- Participate with strong peer support.

Each workshop meets for 12 consecutive weeks (a quarter). Below are the quarterly topics.

<b>Quarter</b>	<b>MOHR Topics</b>
1	Dysfunctionalities
2	Personal Boundaries
3	The Four Phases To New Life Pathways
4	Commitment and the "I" versus "We". (Maintaining Love & Relationships)
5	Adjusting to Life's Changes
6	Understanding your values (Our Perception Of Our Reality)
7	Communication Styles and Effectiveness

### **How is MOHR different from other programs?**

Other programs identify dysfunctional patterns of relating, but often lack someone to help facilitate movement through these issues. MOHR is designed to help individuals evolve to a new level of understanding and functioning so all of their relationships can have more commitment, sustenance, and a higher level of functional cohesiveness and balance.

- a) The curriculum and structure for the program are focused on movement into self-understanding.
- b) The participants work in a subgroup with the same people each week.
- c) Self-disclosure and feedback from other participants enhance self-understanding.

### **Who attends MOHR?**

People attending MOHR are:

- Single, never married
- Preparing to marry
- People already married
- Separated and divorced
- Widows and widowers
- Parents

Any adult who wishes to improve his or her relationship skills may attend MOHR.

## **What is involved to join the program?**

*Before entering the group you will experience the following:*

Orientation: Interested people attend a meeting to learn what MOHR has to offer.

Initial Consultation (1-2 hours): If a decision is made to apply to the program, an appointment will be made with the Coordinator to gather Relationship History, Family History, and to determine readiness to enter the group.

Pre-registration is required. Please contact the office at 410-721-0992 and complete the materials that will be sent to you. Once paperwork is completed contact the office for an appointment to meet with Carrie and discuss joining MOHR. Please visit [www.changingfocus.org](http://www.changingfocus.org) for information on other programs.

## **How are the group sessions conducted?**

*Each workshop session consist of two parts:*

**I. Didactic presentation (1/2 hr)**: The presentation is given by the Coordinator. The focus of the discussion for the evening is introduced.

**II. Small group discussion (1 hr)**: The group will break into small groups with the same people each week. The participants will have a specific activity to complete and discuss.

Referrals: If someone in the program shows need or requests individual counseling, the Coordinator can make the appropriate referrals.

Weekend Workshops (6-8 hrs): Half day and daylong workshops may be offered from time to time. The workshops will help you to synthesize the material in greater depth. During the workshops, additional skill building material will be presented.

## **What is asked of YOU?**

I. As a benefit of the group setting, members provide a network of people for nurturing each other. Support is necessary when working to accomplish goals. Therefore, one courtesy asked is that you inform the group members and the Coordinator of any planned absences at the prior meeting. If an emergency arises, please call the Coordinator or the Changing Focus Office, (410) 721-0992.

II. MOHR offers three different topics in one year. Participants may register for one quarter at a time. Completion of at least 75% of each quarter's curricula is required to have an adequate foundation for moving to the next quarter's topic.

a) Because of emergencies, business trips, etc., materials are made available to you if you are not able to attend.

b) If for any reason you decide to terminate, please inform the coordinator or the office. We would like feedback regarding the program. Your opinion is very important to us.

III. We also require that the people you see and the personal information you hear be kept confidential at all times.

### **What are the fiscal issues?**

The philosophy of MOHR is that all people at all levels of income should have equal opportunity to quality services. Also, all organizations need to be financially sound and self-sufficient. Therefore, there are fees for participation in the program. If someone is having temporary financial difficulty, the participant may inform the Coordinator, and provisions can be made. The fees are as follows:

1. \*Initial Consultation and Assessment (up to 2 hours): A \$ 75  
Counseling fee is due at time of consult, paid directly to the Coordinator).
  
2. \*Weekly group session (2 hours): based on income;

<b>\$0 - \$60,000</b>	<b>= \$170/Quarter</b>
<b>\$60,000 - \$80,000</b>	<b>= \$230/Quarter</b>
<b>\$80,000 - \$100,000</b>	<b>= \$290/Quarter</b>
<b>Over \$100,000</b>	<b>= \$350/Quarter</b>
  
3. \*Annual membership to Changing Focus \$ 75.

\*Fees are payable in partial payments. The initial consultation fee is a one-time cost paid prior to the start of the first session that you begin MOHR. Your group session cost is based on your annual income. Quarterly fees are payable to Changing Focus by cash, check, VISA or MasterCard.